

# A Guide to Using Your Pedometer

## How do I wear my pedometer?

- Place your pedometer on the waistband of your clothing or belt.
- Place it close to the midline of your thigh directly over your knee. Make sure it is straight and not at an angle.
- Do not get the pedometer wet.



## Getting Started:

- Wear your pedometer from morning until night every day for one week.
- Record your steps at the end of each day.
- At the end of the week, total your steps and divide by the number of days recorded. This will give you a daily average.
- You don't need to increase your activity level the first week. Simply observe how many steps you take.

## Increasing Your Steps:

- Each week try to increase your steps by 500 steps per day. For example, if you average 3000 steps per day, set a goal to increase to 3500 steps per day the next week and 4000 steps per day the week after that.
- Set realistic goals.
- Create a walking path or route that will allow you to reach your goal. You can walk a single loop, walk a shorter loop multiple times, or walk out one direction for a certain number of minutes and then return by the same path.
- Record your step count results each day on your Activity/Pedometer Log.



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## Suggestions for Increasing Steps:

- ✓ Take the stairs instead of the elevator.
- ✓ Park farther away and walk.
- ✓ Get off the bus a few blocks before your stop.
- ✓ Step in place during television commercials.
- ✓ Walk your dog.
- ✓ Mow your lawn.
- ✓ Vacuum your carpet.
- ✓ Take a 10 minute walk after dinner.
- ✓ Walk instead of driving your car short distances.
- ✓ Take the “long way” when walking to meetings.
- ✓ Take short 10 minute walks during lunch and breaks at work.
- ✓ Find a walking partner so you can motivate each other.
- ✓ Plan active weekends (long walks, hiking, going to the park).



## Limitations to using a pedometer:

- Pedometers do not reliably measure...
  - Side-to-side activities.
  - Activities at very slow walking speeds.
  - Activities such as cycling, swimming, some types of dancing, basketball, and tennis.
- Be careful not to accidentally reset your pedometer during the day. This could happen if you put pressure on the reset button.

- 1 mile = 2000-2400 average steps
- 10 minutes of moderate paced walking (3MPH) = 1200 steps
- Leisurely Cycling = 100 average steps/minute of activity
- Raking the garden for 30 minutes = 3000 steps

